



SATURDAYS

11:30 AM - 12:30 PM

AGES 4 – 10

FREE CLASS OCTOBER 4TH

October session \$30.00 (11th, 18th, 25th)

BRING A YOGA MAT, WATER BOTTLE, AND A SMILE!

Activity #571105



DURING A ZEN KIDS CLASS, WE WILL LAUGH, PLAY, AND CREATE WHILE MAKING NEW FRIENDS IN OUR COMMUNITY! BUILD STRENGTH AND FLEXIBILITY IN OUR PHYSICAL BODIES THROUGH ANIMATED AND INTERACTIVE POSTURES! HAVE FUN LEARNING ABOUT WELLNESS AND YOGA IN AN UPLIFTING, NONCOMPETITIVE ATMOSPHERE! CLASSES EXPLORE ENERGETIC YOGA, RELAXING MEDITATION, NUTRITIONAL OR SOCIAL EMOTIONAL CHARACTER DRIVEN THEMES AND STORIES, COOL ART PROJECTS, AND COOPERATIVE GAMES. MIND, BODY, AND SPIRIT UNITE THROUGH PLAY!



REGISTER ONLINE OR IN PERSON:

BEES LANDING RECREATION CENTER

1580 ASHLEY GARDENS BLVD. CHARLESTON, SC 29414

(843)402-4571

<http://www.charleston-sc.gov/recreation>



ABOUT THE INSTUCTORS: JACKIE TURNER & MICHELE LINN

MICHELE AND JACKIE ARE CERTIFIED KIDS YOGA INSTRUCTORS, MOTHERS,
AND RESIDENTS OF GRAND OAKS.

JACKIE IS A NUTRITION AND WELLNESS COACH- *HOLY CITY HEALTH COACH*-
WHO HAS A PASSION FOR HELPING FAMILIES AND CHILDREN DEVELOP A
LIFETIME OF HEALTHY HABITS. SHE IS ALSO AN EARLY CHILDHOOD CERTIFIED
TEACHER WITH A M.Ed. IN SPECIAL EDUCATION (9 YRS IN CLASSROOM) & AN
IIN GRADUATE.

MICHELE IS EMPLOYED WITH CHARLESTON COUNTY SCHOOL DISTRICT AND
TEACHES CHILD DEVELOPMENT AND PRESCHOOL STUDENTS WITH SPECIAL
NEEDS AT SPRINGFIELD ELEMENTARY. THIS IS HER 16TH YEAR TEACHING IN THE
CLASSROOM. SHE HAS A BA IN EARLY CHILDHOOD AND AN MS IN
ELEMENTARY SCHOOL GUIDANCE COUNSELING AND HUMAN RELATIONS.

